



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01058, Sour dressing, non-butterfat, cultured, filled cream-type

Report Date: July 05, 2017 03:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tbsp 12g | 1 cup 235g |
|--------------------------------|------|---------------------|-------------|------------|---------------|---------------|
| Proximates | | | | | | |
| Water | g | 74.79 | -- | -- | 8.97 | 175.76 |
| Energy | kcal | 178 | -- | -- | 21 | 418 |
| Energy | kJ | 743 | -- | -- | 89 | 1746 |
| Protein | g | 3.25 | -- | -- | 0.39 | 7.64 |
| Total lipid (fat) | g | 16.57 | -- | -- | 1.99 | 38.94 |
| Ash | g | 0.71 | -- | -- | 0.09 | 1.67 |
| Carbohydrate, by difference | g | 4.68 | -- | -- | 0.56 | 11.00 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Sugars, total | g | 4.68 | -- | -- | 0.56 | 11.00 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 113 | -- | -- | 14 | 266 |
| Iron, Fe | mg | 0.03 | -- | -- | 0.00 | 0.07 |
| Magnesium, Mg | mg | 10 | -- | -- | 1 | 24 |
| Phosphorus, P | mg | 87 | -- | -- | 10 | 204 |
| Potassium, K | mg | 162 | -- | -- | 19 | 381 |
| Sodium, Na | mg | 48 | -- | -- | 6 | 113 |
| Zinc, Zn | mg | 0.37 | -- | -- | 0.04 | 0.87 |
| Copper, Cu | mg | 0.010 | -- | -- | 0.001 | 0.024 |
| Manganese, Mn | mg | 0.002 | -- | -- | 0.000 | 0.005 |
| Selenium, Se | µg | 2.3 | -- | -- | 0.3 | 5.4 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | -- | -- | 0.1 | 2.1 |

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|------------------------------|------|------------------|-------------|------------|------------|------------|
| Thiamin | mg | 0.038 | -- | -- | 0.005 | 0.089 |
| Riboflavin | mg | 0.163 | -- | -- | 0.020 | 0.383 |
| Niacin | mg | 0.074 | -- | -- | 0.009 | 0.174 |
| Pantothenic acid | mg | 0.398 | -- | -- | 0.048 | 0.935 |
| Vitamin B-6 | mg | 0.017 | -- | -- | 0.002 | 0.040 |
| Folate, total | µg | 12 | -- | -- | 1 | 28 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 12 | -- | -- | 1 | 28 |
| Folate, DFE | µg | 12 | -- | -- | 1 | 28 |
| Choline, total | mg | 14.9 | -- | -- | 1.8 | 35.0 |
| Vitamin B-12 | µg | 0.33 | -- | -- | 0.04 | 0.78 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 3 | -- | -- | 0 | 7 |
| Retinol | µg | 3 | -- | -- | 0 | 7 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 10 | -- | -- | 1 | 24 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 1.34 | -- | -- | 0.16 | 3.15 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 4.1 | -- | -- | 0.5 | 9.6 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 13.272 | -- | -- | 1.593 | 31.189 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.319 | 2 | -- | 0.038 | 0.750 |
| 10:0 | g | 0.824 | 2 | -- | 0.099 | 1.936 |
| 12:0 | g | 2.256 | 2 | -- | 0.271 | 5.302 |
| 14:0 | g | 2.793 | 2 | -- | 0.335 | 6.564 |

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|------------------------------------|------|------------------|-------------|------------|------------|------------|
| 16:0 | g | 2.819 | 2 | -- | 0.338 | 6.625 |
| 18:0 | g | 4.310 | 2 | -- | 0.517 | 10.128 |
| Fatty acids, total monounsaturated | g | 1.958 | -- | -- | 0.235 | 4.601 |
| 16:1 undifferentiated | g | 0.087 | 2 | -- | 0.010 | 0.204 |
| 18:1 undifferentiated | g | 1.873 | 2 | -- | 0.225 | 4.402 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.468 | -- | -- | 0.056 | 1.100 |
| 18:2 undifferentiated | g | 0.468 | 2 | -- | 0.056 | 1.100 |
| 18:3 undifferentiated | g | 0.000 | 2 | -- | 0.000 | 0.000 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 5 | -- | -- | 1 | 12 |
| Phytosterols | mg | 15 | -- | -- | 2 | 35 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.045 | -- | -- | 0.005 | 0.106 |
| Threonine | g | 0.147 | -- | -- | 0.018 | 0.345 |
| Isoleucine | g | 0.197 | -- | -- | 0.024 | 0.463 |
| Leucine | g | 0.318 | -- | -- | 0.038 | 0.747 |
| Lysine | g | 0.258 | -- | -- | 0.031 | 0.606 |
| Methionine | g | 0.082 | -- | -- | 0.010 | 0.193 |
| Cystine | g | 0.030 | -- | -- | 0.004 | 0.070 |
| Phenylalanine | g | 0.157 | -- | -- | 0.019 | 0.369 |
| Tyrosine | g | 0.157 | -- | -- | 0.019 | 0.369 |
| Valine | g | 0.217 | -- | -- | 0.026 | 0.510 |
| Arginine | g | 0.118 | -- | -- | 0.014 | 0.277 |
| Histidine | g | 0.088 | -- | -- | 0.011 | 0.207 |
| Alanine | g | 0.112 | -- | -- | 0.013 | 0.263 |
| Aspartic acid | g | 0.247 | -- | -- | 0.030 | 0.580 |
| Glutamic acid | g | 0.681 | -- | -- | 0.082 | 1.600 |

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|----------------|------|------------------------|----------------|------------|---------------|---------------|
| Glycine | g | 0.069 | -- | -- | 0.008 | 0.162 |
| Proline | g | 0.315 | -- | -- | 0.038 | 0.740 |
| Serine | g | 0.177 | -- | -- | 0.021 | 0.416 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |